

Your EAP service is getting better

Launching May 2019

New layout and features

- Updated layout that looks great on desktop and mobile phones.
- Online 'live-chat' counselling.
- Multimedia wellbeing resources including webinar videos and podcasts.
- Wellbeing calendar campaigns.



Support just a click away

People who are experiencing worries in their lives and feel like they need somebody to talk can now speak with a qualified counsellor online instantly using LifeChat.



Online CBT Courses

Access to Living Life to The Full, a range of courses using the Cognitive Behavioural Therapy approach that are available within the PAM Assist 'My Mind' resources.



**POSITIVE
ACTIVE
MOTIVATED**

[Learn More](#)

PAM Life is a new online service designed to improve wellbeing

As part of our purpose to help people in work live more balanced, healthier and happier lives, PAM Life can be used to manage your company's wellbeing strategy in an efficient and engaging way.

An online wellness coach offers support and the expert advice needed to help people be successful in the pursuit of their wellness goals. Our PAM Life coaches can also attend events on site, engaging with employees face-to-face.

